



## **RED CROSS LIFEGUARDING CLASS**

**January/February 2011 - Recreation Center**

**PREREQUISITE (Student will be tested for following skills):**

**Minimum age: 15 (must provide proof of age on first day of class)**

- Swim 300 yards continuously using these strokes in the following order:  
+100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.  
+100 yards breaststroke.  
+The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

### **CERTIFICATION REQUIREMENTS**

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

***PLEASE NOTE: Students should wear appropriate swim wear for performing rescues in the water; no bikini type swim suits.***

**CLASS FEE - \$160.00.** This fee includes the **American Red Cross** Lifeguard Training manual and a pocket mask breathing barrier. Register on-line at [www.rochestermn.gov](http://www.rochestermn.gov) – go to on-line services and select Lifeguard Training Registration. You can also stop in the Recreation Center office and register or register by calling 507-328-2500. Payment must be made by using Visa, Discover or MasterCard. No checks are accepted. Class size is limited.

**CLASS DATES/TIMES:** **Tuesday, January 18<sup>th</sup>** (6:00 p.m.-10:00 p.m.) **Saturday, January 22<sup>nd</sup>** (8:30 a.m.-3:30 p.m.) **Tuesday, January 25<sup>th</sup>** (6:30 p.m.-9:30 p.m.) **Saturday, January 29<sup>th</sup>** (8:30 a.m.-3:30 p.m.) **Tuesday, February 1<sup>st</sup>** (6:30 p.m.-9:30 p.m.) **Saturday, February 5<sup>th</sup>** (8:30 a.m.-3:30 p.m.) **Tuesday, February 8<sup>th</sup>** (6:00 p.m.-10:00 p.m.)

Meet at the Recreation Center at 6:00 p.m. on **Tuesday, January 18<sup>th</sup>** in Activity Room #3.

Class sessions are all at the Recreation Center except for **Saturday, January 22<sup>nd</sup>** where you will meet at the **Red Cross** office, 310 14<sup>th</sup> Street SE - Rochester.